

Roosevelt Community Center

901 E. Santa Clara St.

San Jose, CA

408.794.7555

groupX

total body fitness
at roosevelt community center

Your **ALL ACCESS PASS**
to as many of the exercise classes, fitness
room workouts and drop-in gym visits you
can fit into that busy schedule of yours!

MONDAY

**Intro to
Fitness @
8am
STAFF**

TUESDAY

**Cardio &
Circuit
Training @
TBA**

WEDNESDAY**THURSDAY**

**Cardio &
Circuit
Training @
TBA**

FRIDAY**Saturday**

**Intro to
Fitness @ 9am
STAFF**
**Walk and Jog
@ 10am
Pam**

LUNCHTIME

**New Classes
Coming Soon!**

**Zumba @
Postponed
TBA**

**New Classes
Coming Soon!**

**Gentle
Yoga @
10am
Ginny**

**Zumba @
Postponed
TBA**

**Hot Hula
@ 9am
Marie
New Class!**

EVENING

**Zumba
@ 6:30pm
Biha**

**Belly
Busters @
5:30pm
Craig**

**Zumba
@ 6:00pm
Biha**

**New Classes
Coming Soon!**

**Yoga @
10am
Ginny**

***Aztec Dance @
5:30pm**

**Intro to
Fitness @
7pm
STAFF**

**Zumba
@ 6:30pm
Cel Galiza**

**Yoga
@ 7:00pm
Ginny**

**Booty
Beats
@ 6:30pm
Sandra**

Promotions:

**3 months for \$49 GYM
Or \$75 GYM and Classes
July 31st 2012**

**NEW CLASS: Spinning Class (2 Classes back-to-back)
Coming Tuesdays, June 26th @ 6pm-7pm and 7pm-8pm
Class held in Multipurpose Room**

Get Fit. Be Strong.

Group X Memberships include unlimited access to all group exercise classes and fitness room for *one low price.*

For Citywide Group X Schedules, visit our website: www.sanjoseca.gov/prns/fitness

Class Descriptions are on the back!

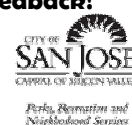
"Like" us on Facebook for class updates, special discounts and promotions, and to provide feedback!

Check us out on YELP too!

Only Fitness Members allowed in Fitness Rooms.

No Children allowed in Gym or Classes.

No refunds on memberships. Please read Policies & Procedures prior to participation.



Hours of Operation

Mon-Thursday
Friday
Saturday

6:00am-8:00pm
6:00am-6:00pm
9:00am-1:00pm

Descriptions

Aztec Dance – Come learn the art of traditional Aztec Dance & Drum from Mexico and Central America and improve your health & well being. (Community Room)

Belly Buster – The pooch, the gut, the flab, the pot belly...It doesn't matter what it's called; we'll help you banish it forever. This class will hit the entire abdominal area hard and fast, and help you whittle your middle. Your abs will thank you! (Studio)

Booty Beats -

Circuit Training – This one hour circuit routine is done using high repetitions and involves all of the major muscle groups. Participants go from one exercise to the next without rest, resulting in a complete cardiovascular and strength workout. (Fitness Room)

Intro to Fitness – This is an orientation to the Roosevelt Fitness Center for all new members. Trained Staff will show you how to use each piece of equipment and answer any questions you have about your workout routine. **YOU MUST SIGN UP FOR THIS CLASS AT THE FRONT DESK 24 HOURS IN ADVANCE.** (Fitness Room)

Power Hour – This workout is for those serious about getting in shape! Workouts consist of a warm-up, intense strength circuit, cardio interval training, abs session, and cool down/stretch designed for maximum results. Measurements are taken each month so participants can track their progress. (Fitness Room)

***Currently Postponed...

Power Muscle Sculpting and Toning: For intermediates to advance levels...Get ready to define your muscles! Circuit muscle sculpting and toning workout...Get Ready to Sweat!...

Tai Chi - Taiji or Taichi is an internal form of Chinese Martial Arts known for its slow, graceful movements and breathing techniques. It has become a popular form of exercise all over the world. In our class, we will learn the Yang Style's Michuan 13 Forms which consist of the 13 most basic Taiji postures, the four fundamental techniques to apply power, the four core combat moves and the five basic movements. Like most exercises, practicing Taiji can help one improve their agility, strength, flexibility, circulation and relaxation. (Studio) ***CLASS ON HOLD. NEW SCHEDULE COMING SOON

Walk & Run Club- Come in and try the newest addition to the "X" Classes! Enjoy a brisk walk and run with fellow fitness members around our beautiful Community Center and Park.

Yoga: Increase your strength, flexibility, inner balance and vitality. This class focuses on relieving tension in the back, neck, shoulders and hips through breathing techniques and relaxation with special attention to proper alignment to enhance energy flow and posture. All levels are welcome. Wear loose clothing and bare feet. Mats are provided. (Studio)

Zumba - The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, and to get hooked. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! (Studio)

Zumba/Pilates Fusion: This class takes two of the most effective, FUN workouts and puts them together! Enjoy 40 minutes of hypnotic, calorie torching **Zumba**, followed by 20 minutes of the best **Pilates** exercises to strengthen the core and lengthen muscles. Start your day off right! You deserve it. (Studio)



**Bringing the community together through
Health and Fitness!**



City of San Jose participating fitness facilities

Almaden Community Center 6445 Camden Ave. San Jose, CA 95120 (408) 268-1133	Camden Community Center 3369 Union Ave. San Jose, CA 95124 (408) 559-8553	Mayfair Community Center 2039 Kammerer Ave. San Jose, CA 95116 (408) 794-1060	Roosevelt Community Center 901 E. Santa Clara St. San Jose, CA 95116 (408) 794-7555	Seven Trees Community Center 3590 Cas Way San Jose, CA 95111 (408) 794-1690
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